

Grimes Parks & Recreation De

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www.grimesiowa.gov

CITY OF
GRIMES



“Run for Fun in the Sun” (Running Program)

Program Description:

This program gets the kids in Grades K-4 interested in the sport of running in a fun and positive way. Begin with a team builder warm-up, then go through dynamic warm-ups, followed by running drills, stretching, instruction/pointers, and end with fun games. The last day would end with a for-fun relay and watermelon feed. Kids would need to wear appropriate running clothing, bring a water bottle, and have a good pair of athletic shoes. Maximum of 20 kids allowed and minimum of 8 kids needed.

Who: For Kids Currently in Grades K-4

Where: Meet at the Grimes Sports Complex South Concession Stand

Date: Mondays, June 4 – Thursday, June 7, 2012
Deadline is May 25th at 5pm

Time: 10:00am – 11:00am

Instructor: Matt Pries of Grimes (High School Track and Cross Country Coach in Waukee)

Questions: Contact Brett Barber, Grimes Parks & Recreation Director
at bbarber@ci.grimes.ia.us or by phone at 986-2143.

To Register: ONLINE REGISTRATION IS AVAILABLE. Or you can pay with cash/check to **City of Grimes** and bring in registration to the Rec Office. OR Mail to 410 SE Main St. in Grimes, Iowa 50111

Cost: \$30 per child that includes a t-shirt

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2012 “Run For Fun in the Sun” Registration Form

PARTICIPANT'S NAME: _____ GRADE: _____

PARENT/GUARDIAN'S NAME: _____

STREET ADDRESS: _____ CITY: _____ ZIP CODE: _____

EMAIL: _____ PHONE: _____

I would like to be added to the Grimes Parks and Rec Email List: YES NO ALREADY ON LIST

T-Shirt Size (Circle): YS YM YL AS AM AL AXL

Cost is \$30 per child.

Release and Indemnification Agreement:

I hereby request that you accept my child's application for registration in this Grimes Park and Recreation Department program. With consideration of your acceptance of my child, I hereby release the City of Grimes, its employees, and the coaches and volunteers associated with this program from all claims which may arise in the event my child is injured in an accident that occurs while he or she is participating in this program. I further agree to indemnify the City of Grimes, its employees, and the coaches and volunteers associated with this program for any claim, which may hereafter be presented on behalf of my child as a result of any such injuries. I hereby acknowledge that it is my responsibility, not the responsibility of the City of Grimes, to provide medical insurance coverage in the event I desire to have medical insurance coverage for my child while he or she participates in this particular activity. I will also allow pictures of my child during this program to be used only for the marketing purposes of future Grimes Parks and Recreation programs.

Signature of Parent or Guardian

Date

Grimes Parks & Recreation Office Location ~ 410 SE Main St. in Grimes